**CRITICAL CARE NUTRITION AND DIETETIC ASSESSMENT RECORD Dept of Nutrition and Dietetics, CUH**

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Patient Consent/Family Consent/Seen in best interests

Admission to hospital: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PMHx: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Medical Tests/Procedures: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Surgical Procedures: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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CVVH/Renal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Lab Data**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| LFTs | ALT (0-45 U/L) |  |  | Inflammation | CRP (0-5 mg/L) |  |
| ALP (48-135 U/L) |  |  | Others | Albumin (35-52 gm/L) |  |
| Bilirubin (2-20µmols/L) |  |  |  | WBC (4.4-11.3 x 10ˆ9/L) |  |
| Triglycerides (0.3-1.7 mmol/L) |  |  |  | Hb (13-17 gm/dL) |  |
| U+Es/Renal function  Check ABGs as a **guide** | Na (132-144 mmol/L) |  |  |  |  |  |
| Urea (2.8-8.4 mmol/L) |  |  |  | Lactate: (0.5-2 mmol/L)  Marker of haemodynamic instability |  |
| Cr (64-104 µmols/L) |  |  |  | **Glucose :** (3.6-5.2 mmol/L)  ABG range in last 24 hours |  |
| K+ (3.5-5.1 mmols/L) |  |  |  | Consider alongside **insulin dose:** |  |
| Mg (0.7-1 mmols/L) |  |  |  |  |  |
| PO4 (0.8-1.5 mmols/L) |  |  |  |  |  |
| Adj Ca (2.25-2.54 mmols/L) |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Respiratory | FiO2 (note trend: upward/downward) |  |  |  |  |  |
|  | Minute Ventilation |  |  |  |  |  |
|  | PCO2 (4.6-6.4 kPa) |  |  |  |  |  |
|  | Not ventilated |  |  |  |  |  |

1. **Medications – circle as appropriate**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| CNS | Cardiovascular infusions | Fluids  (look at totals as at 7am) | Diuretics | Prokinetics | Laxatives | Steroids | Insulin |
| Morphine  Midazolam  Dexmedeto-midine  Propofol 1%  Propofol 2% | Adrenaline  Noradrenaline  Vasopressin | Dextrose 5% (200 kcals/L)  Dexrose 10%  Dextrose 50%  Hartmann’s/CSL/Ringer’s Lactate  N Saline 0.9%  N Saline 0.45% | Furosemide  Spironolact-one  Mannitol | Metoclopramide  Erythromycin | Lactulose  Senna  Picolax  Glycerin Suppositories  Phosphate enema  Naloxegol | Hydrocortisone | Actrapid |
| Notes/other meds: | | | | | | | |
| Antibiotics: | | | | | | | |
| Mls propofol x 1.1 = \_\_\_\_\_\_\_\_kcals  Mls dextrose \_\_\_\_% = \_\_\_\_\_\_\_\_kcals | | | | | | | |

1. **Nutrition Focused physical findings**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Bowels type & frequency | Faecal Management System | Stoma (type & output) | GRVs/vomiting | Urine output | Fluid Balance | Drains/Fistula | Temperature | Refeeding risk |
|  |  |  |  |  |  |  |  | At risk  High  Very high |

1. **Anthropometry**

|  |  |  |  |
| --- | --- | --- | --- |
| Anthropometry (consider dry weight/ascites/oedema) | Height | BMI | IBW (Ht² x 25) |
| Notes: |  |  |  |

**5. B) Requirements Ventilated patient:**

|  |  |  |  |
| --- | --- | --- | --- |
| Step 1:  Mifflin St Jeor (MSJ) | | Men: 10(wt kg: ) + 6.25(ht cm: ) – 5(age: ) + 5=  =  Women: 10(wt kg: ) + 6.25(ht cm: ) – 5(age: ) – 161 = | |
| Step 2:  PSU | | MSJ: (0.96) + Tmax: (167) + MV: (31) – 6212=  First 7 days of ICU: PSU x 0.8 =  >7days ICU: PSU =  Increase to target over 3 days | |
| Nutricia App Calculation  Max temp in last 24 hours:  MV: | | MSJ: | |
| PSU: \_\_\_\_\_\_\_\_\_\_\_\_kcals x 0.8 = | |
| Kcals/kg or Non Ventilated patient & Protein estimation: | | | |
| Energy  BMI 30-50 | Energy BMI > 50 | Protein goal  BMI 30-40 | Protein goal  BMI > 40 |
| 11-14 x kg actual body weight:  = \_\_\_\_\_\_\_\_\_\_ kcals | 22-25 x kg ideal body weight:  = \_\_\_\_\_\_\_\_\_\_\_\_ kcals | 1.2g x actual body weight:  = \_\_\_\_\_\_\_\_\_\_\_\_ grams | 2-2.5g x kg ideal weight:  = \_\_\_\_\_\_\_\_\_\_\_\_ grams |

1. **Nutritional intake** in previous 24 hours: (check totals as at 7am)

% of estimated requirements: \_\_\_\_\_\_\_\_\_\_\_\_ % energy \_\_\_\_\_\_\_\_\_\_\_ % protein

If feasible average previous 3 days: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_%energy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_% protein

**7. Indication for plan to include reason for proposed feeding route and feed:**

**8. Nutrition Support Plan**

Enteral Feeding Plan: Route: OG/NG/NJ Type of Feed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Commence at: \_\_\_\_\_mls/hour & increase by \_\_\_\_\_mls every \_\_\_\_\_ hours until a target rate of \_\_\_\_\_mls/hour is reached.(24h)

Note: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Nutritional Supplement | Dose | Times per day |
| Fresubin 5kcal  40mls = 200kcals, 0g protein |  |  |
| Procal shot  30mls= 100 kcals, 2g protein |  |  |
| Prosource TF  45mls=44kcals, 11g protein |  |  |

Parenteral Feeding Plan: Route: Central Type of Feed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Commence at: \_\_\_\_\_mls/hour & increase by \_\_\_\_\_mls every \_\_\_\_\_ hours until a target rate of \_\_\_\_\_mls/hour is reached (24h)

If three chamber PN bag the following should be prescribed by team, tick if required: Additrace N®, Solivito N® and Vitalipid N® , or a combination of these, may be added together to one 100mls bag of Glucose 5% or Sodium Chloride 0.9% and administered over 2-3 hours (allergy status should be checked prior to administration see CUH IV guideline/Monographs for further detailed information):

Oral Feeding Plan:

Nutrient Totals at target feed plan: \_\_\_\_\_\_\_\_\_kcals, \_\_\_\_\_\_\_\_\_g protein

Intended review: Dietitian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CORU: DI\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_